VANCOUVER metro®

NEWS WORTH SHARING.

Since hindsight is 20/20 ...

Metro looks back at Justin Timberlake's 20 years in the spotlight (and, yeah, you are that old) PAGE 29

Seeing the trees for the forest

Get ready for an even greyer Vancouver as city works toward becoming 'greenest city' PAGE 3

Must be the luck of the Irish

A stranger visits the grave of a Haligonian's kin after an online St. Paddy's Day appeal PAGE 11

EXTINCT MOUTH-BIRTHING FROG TO COME BACK FROM THE DEAD?

SCIENTISTS SAY IF THIS WORKS, THEY CAN DO IT WITH ANYTHING.
JURASSIC PARK, ANYONE?
PAGE 16

Ryan Chilibeck, owner of Famoso Neapolitan Pizzeria on Commercial Drive, says vandalism apparently carried out by anti-gentrification activists has caused more than $17,000 in damage to his business since the fall. ERIC DREGER/THE CANADIAN PRESS

Restaurant's windows get smashed, again

Third time. An anti-gentrification anarchist group has taken credit for the attack

A Commercial Drive business owner says he is afraid for the safety of his family and staff after someone smashed the windows of his pizzeria out with a hammer for the third time in six months.

An anarchist group called the Anti-Gentrification Front took responsibility for the crimes on the website anarchistnews.org, but police have not made any arrests.

"It's frustrating. It's so demoralizing," said Ryan Chilibeck, owner of Famoso Neapolitan Pizzeria at Commercial Drive and Kitchener Street.

After the first two incidents in September and October he installed security cameras, but they did not deter the culprit from returning to smash out another five windows at 2:45 a.m. last Wednesday.

Chilibeck said he scrimped and saved for five years and had to borrow money in order to open the franchise last April, which has 14 other locations across the country.

"I watched the video of the person doing it this time.... It was scary to watch someone with that much anger just bashing in everything they could and you don't really know why."

A post on the anarchist news website says the actions were inspired by protests at Pidgin, an upscale restaurant that recently opened on the Downtown Eastside to the dismay of some of the local residents who can't afford to eat there.

"For all too long now yuppies have been peacefully going about their gourmet dinners, buying up their lucky condos and flaunting their wealth by driving around in expensive cars," the post states.

"This is a f—g class war and we will not stop until we are free from class, the state and all others who oppress us. Your time will come," it reads.

Chilibeck said the person or group responsible has caused more than $17,000 worth of damage since last fall, and feels their vengeance is misdirected.

"Obviously they haven't come in and tried the pizza there, but it's definitely not a yuppie dining spot," he chuckled. "It's sort of just a family-friendly place, and our most expensive item on the menu is $14.75."

Vancouver police did not respond to a request for comment by Metro's deadline.

KATE WEBB/METRO

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Broadway corridor

Commuters don't ask Premier Clark about transit

Not a single person asked Premier Christy Clark about transit as she greeted folks along Vancouver's Broadway corridor during the Monday morning rush hour.

On the premier's stop along one of the busiest bus routes in North America, orchestrated by the BC Liberals rather than the government, most people were "just excited to see her," BC Liberal spokesman Sam Oliphant said in an email.

Though she was on a route where crammed buses pass by thousands annually, there wasn't a peep about a subway, making transit an election issue or whether the province should fund transit, Oliphant said.

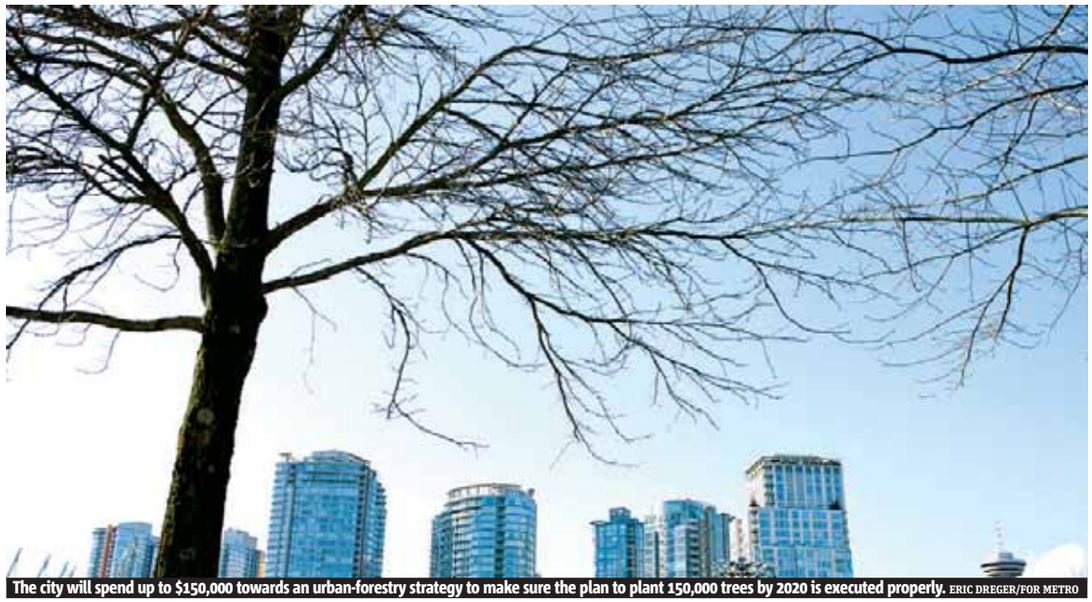
"Interestingly, no one brought that up with the premier — just lots of people being very supportive," he said.

Nor did Clark budge from her statements on transit in the Metro region. Clark is "absolutely supportive" of mayors deciding on priorities and choosing a path forward and that funding mechanisms must have public support, Oliphant said.

Meanwhile, mayors across the region are pressing hard for provincial and federal funding for better transit.

Vancouver Mayor Gregor Robertson recently held two high-profile events touting the $3-billion subway as the best way to solve commuters' problems along the corridor. He has stated that transit should be an election issue.

EMILY JACKSON /METRO



The city will spend up to $150,000 towards an urban-forestry strategy to make sure the plan to plant 150,000 trees by 2020 is executed properly. ERIC DREGER/FOR METRO

Can't plant trees just 'willy-nilly' anywhere

'Greenest city' goal. Vancouver is getting an urban-forestry strategy to improve canopy and possibly grow food

EMILY JACKSON
emily.jackson@metronews.ca

Vancouver is planning to get a whole lot shadier.

As part of its "greenest city" goal, city council has directed staff to plant 150,000 trees by 2020.

But before they put roots in the ground, the city will spend up to $150,000 on a consultant for an urban-forestry strategy to make sure it's done properly, according to a request for proposal.

"We don't want to go willy-nilly, planting 150,000 trees just anywhere," the city's director of parks Bill Harding said Monday.

Trees improve the environment by cleaning the air, stabilizing the soil and creating a "nice place, rather than just a barren city of concrete," Harding said.

The chosen consultant will advise what types of trees to plant where, how to maintain them and how to deal with developers that want to remove trees to build.

The strategy will ensure the trees aren't plunked down in the wrong places, Harding said — for instance, a giant maple might not be best for a downtown lot.

"There's no sense planting something if you can't maintain it properly," he said. "It's best to have a plan."

The consultant will also provide advice on tree technologies, such as manufactured soil, sidewalks and soil cells that enable growth in denser areas.

The ultimate goal is to set a target for Vancouver's tree canopy, the percentage of trees covering the land as seen from above. Many cities aim for 30 per cent coverage, Harding said.

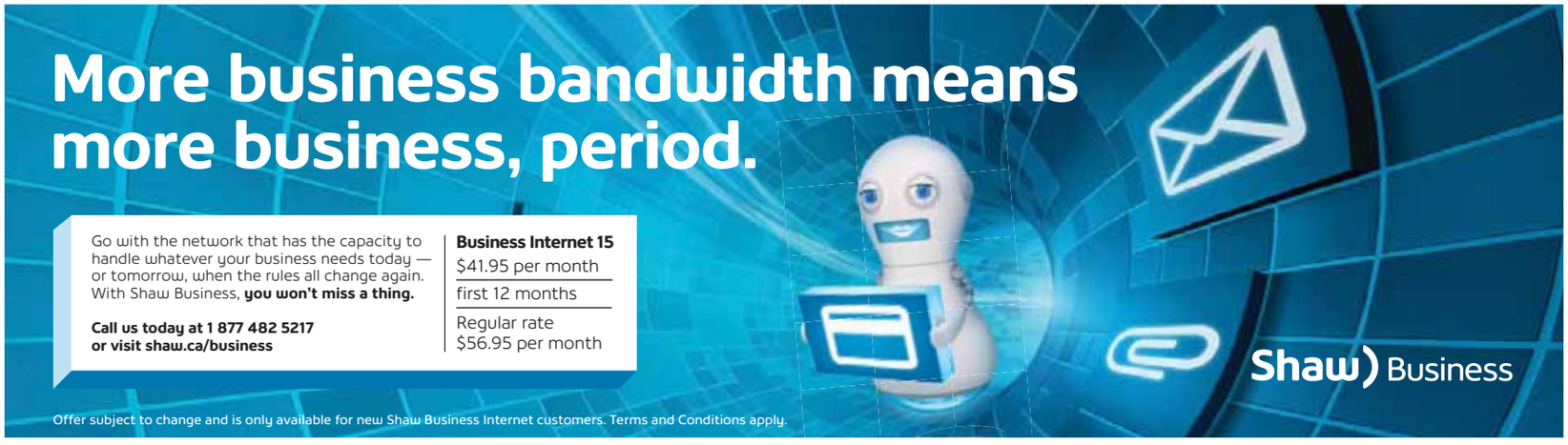
Mayor Gregor Robertson has been particularly interested in fruit or nut trees that can add to the city's food supply as well as its canopy, he added.

Toronto, Portland and Seattle, among many others, also have urban-forestry strategies.

Street trees

138,000

There are about 138,000 trees across Vancouver. The 2013 budget set aside $950,000 for street trees.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Actual fuel consumption will vary based on road conditions, vehicle loading, vehicle equipment, vehicle condition, and driving habits. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Ottawa gets tough on oil-tanker traffic

Environment.
Feds unveil plans that include more inspections, tougher pollution penalties

The federal government announced changes Monday to improve oil-tanker safety off Canadian coasts and shore up support for several controversial projects that would increase oil exports from British Columbia.

The changes include some new measures — administrative penalties for polluters and mandatory marine response plans for oil-terminal operators — and increased frequency for measures already in place, such as annual inspections for all tankers and offshore aerial surveillance.

They also include a review by a panel of experts and a promise of future improvements, which was dismissed as "greenwashing" by the Council of Canadians, which opposes proposed pipeline projects that would deliver oil from Alberta to the B.C. coast for shipping overseas.

"Our government listens to the people.... What we're announcing today is a result of our listening to British Columbians and responding to their concerns," Natural Resources Minister Joe Oliver said at a news conference on the deck of Port of Metro Vancouver against a backdrop of tankers and shipping vessels in Burrard Inlet.

Without naming any specific project, Oliver reiterated that if Canada is to benefit from its resource potential, products must reach Asia and the rest of the world.

"We have an opportunity to ensure that our products, particularly oil and liquefied natural gas, reach world markets and command world prices," Oliver said. "Our government knows that to be an energy superpower, we need a world-class safety system for our waters."

THE CANADIAN PRESS

Vessels used to respond to hazardous spills sit on the waters of Vancouver Harbour. On Monday the federal government announced changes to improve oil-tanker safety in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

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For teachers expecting more government support, waiting is hardest part

Standing in a line that stretched from Canada Place to Burrard Street, hundreds of teachers voiced their grievances with the provincial government outside Premier Christy Clark's Vancouver cabinet offices Monday.

Teachers from all across the province, in town for the B.C. Teachers' Federation (BCTF) annual general meeting, blew whistles, shouted slogans and waved signs to get their message of waiting in vain to the public.

"(The government said) they were going to increase the amount of funding to give teachers more support for kids with special needs or learning disabilities, and I've yet to see it," said Michael Borason, a special-ed teacher at Van Tech Secondary.

Those sentiments were echoed by outgoing BCTF president Susan Lambert, who led the noon march.

"We're waiting for teacher-librarians, we're waiting for learning assistants, we're waiting for school counsellors, we're waiting for English as a second language and we've been waiting far too long."

Lambert said the BCTF will try to keep working with the current government on a collective bargaining agreement that goes past June. She described herself as "optimistic" about talks.

Shannon Rarie, a high school English teacher from Williams Lake, did not share Lambert's high hopes.

"I don't think this government will listen, no. I hope the next government does, though," she said.

Monday was Lambert's last day as president. She is expected to be succeeded by Jim Iker in that role.

LIAM BRITTEN/FOR METRO

Susan Lambert, second from left, leads the BCTF's march to the premier's office with other union leaders on Monday. LIAM BRITTEN/FOR METRO

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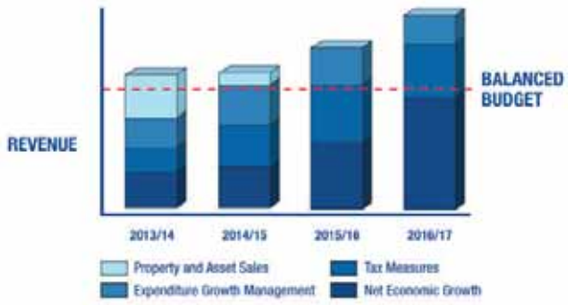

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Feds defend Border Security TV series

CBSA. 'Our family's suffering is a private matter, and should not be broadcast as entertainment,' says wife's petition after man was detained in filmed Vancouver raid

Diana Thompson, her daughter, Aaliyah, and her husband, Tulio Renan Aviles Hernandez. Hernandez faces deportation after being caught in a CBSA raid that was being filmed for a TV series. CONTRIBUTED/CHANGE.ORG

The federal government won't say how much it spends to act as an executive producer for the TV series that documents border officials in action.

But Diana Thompson paid a personal price when her husband's detention was filmed for the show Border Security when the Canada Border Services Agency raided a Vancouver construction site last week.

"Our family is going through a tough situation. And now we find out that our government is part of this horrible TV show," Thompson said in a statement Monday — the same day Public Safety Minister Vic Toews defended the show in the House of Commons.

Despite mounting criticism from the NDP and an online petition with more than 9,200 signatures calling for the show's cancellation, Toews said the show is about the situations faced daily by frontline border officers and that privacy is protected at all times.

"It is important to remember that illegal immigrants cost law-abiding Canadian taxpayers millions of dollars each year and thousands of jobs," said Toews, who approved the show along with a representative from the prime minister's office.

Quoted

"The time and effort that CBSA has put forth in support of this production is very worthwhile when we see the value of reaching and educating millions of viewers."
CBSA statement

The CBSA refused to specify how much the show costs taxpayers. While the government doesn't exchange any money with the show's production company, Force Four Entertainment, federal documents state that operational costs associated with vetting the footage are "not insignificant."

NDP public-safety critic Randall Garrison asked Toews to end the "dangerous and offensive PR stunt" Monday.

"This is not some episode of Cops," he said. "Filming is exploitative and can put individuals in danger."

Thompson's husband, Tulio Renan Aviles Hernandez, was one day away from completing his immigration sponsorship forms at the time of his detention. He didn't sign the waiver to appear on camera and now faces deportation to Honduras.

EMILY JACKSON/METRO

Delta

Charges laid after alleged road rage

A 52-year-old sedan driver has been charged, fined and had his car impounded after allegedly following an SUV at a dangerously close distance Friday and making threatening and taunting gestures at the other driver, who had apparently cut him off.

Fearing for his safety, the 40-year-old driver of the SUV called 911. Deas Island RCMP say their traffic officers spotted the two cars travelling at highway speeds, with the younger driver trying to get away.

Mounties stopped the suspect and charged him with driving without reasonable consideration for others and following too closely. KATE WEBB/METRO

Arrival Agency. Waldorf Productions team makes return to cultural scene

Revamping an infamous porn theatre is just Step 1 in the reinvention of the team behind the Waldorf Hotel.

The team got the boot from the hotel in January after a condo developer bought the property, but instead of quitting the alternative-entertainment business, the team rebranded itself as Arrival Agency.

The new agency, officially announced Monday and led by Thomas Anselmi and Ernesto Gomez, wants to "shake up Vancouver's cultural scene."

Plans include working on the Fox Cabaret with the Rickshaw Theatre folks, hosting the Food Cart Festival, programming the Khatsahlano summer block party in Kits and developing a new culture hub.

"We are inspired to continue the work we did at the Waldorf, expanding it further into the city," Anselmi said in a statement.

The shuttering of the Waldorf, transformed from a dilapidated hotel to a culture hub in two years, led to an outpouring of public support for the arts community. The closure prompted city council to promise backing for the arts as residents questioned whether Vancouver is killing culture for condos.

Arrival's work will kick off with the street-food festival in the first week of July.

EMILY JACKSON/METRO

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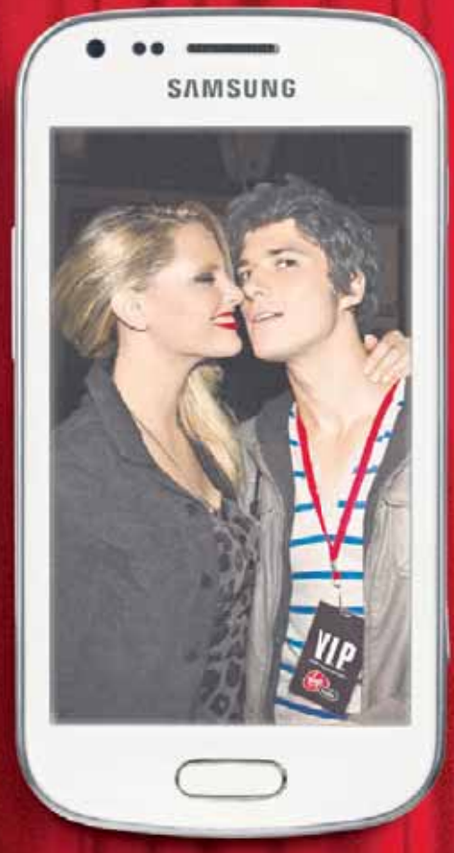

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Rooftop garden garners eco-certification

Urban farming. Local company uses 'Verticrop' system

TYLER HARBOTTLE
The Canadian Press
exclusively for Metro

Local pioneers of a unique rooftop farming system have been awarded certification that's akin to fair-trade coffee or eco-certified wood.

Alterrus Systems, a Vancouver-based company behind a 4,000-square-foot rooftop greenhouse downtown, was recently awarded B Corporation certification for its compliance with "rigorous" social and environmental best practices.

Company spokesman, Donovan Woollard, said Alterrus voluntarily met the criteria out of a desire to grow both its food — and company — sustainably.

The company has developed the innovative "Verticrop" urban-farming system, which doesn't require huge fields or large amounts of water for a decent yield.

On a dreary spring day in March, urban farmers hoisted plastic trays filled with tiny seedlings to the top of a hanging metal tower.

A ceiling-mounted conveyor then jerked into motion, shuffling the column of greenery behind a slow-moving parade of thousands of vegetable trays.

Alterrus is hoping to expand to other rooftops in Vancouver, Woollard said, and eventually to other cities across Canada.

A "VertiCrop" rooftop farm run by Alterrus Systems in downtown Vancouver last Friday. ERIC DREGER/THE CANADIAN PRESS

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Crime. Police arrest one of three suspects wanted for forcible confinement

Vancouver police have arrested one of three people wanted on Canada-wide warrants for the alleged forcible confinement of a couple in a Downtown Eastside SRO last month.

Aaron Allan Lennie, 31, was located at the Arco Hotel on W. Pender Street and remains in custody.

Still wanted are Fabian Yul Brown, 39, and Elizabeth Pearl Siddall, 24, both of Vancouver.

Police allege the three broke into a couple's apartment in a Gastown rooming house on Feb. 3, robbed them and then locked them in their room.

The victims escaped mostly unharmed, and are thought to have been stuck in the room for less than an hour. Police have said the incident was drug-related.

Brown is described as black, six feet three inches tall and 180 pounds, with the letters "GFL" tattooed on his right forearm. He might be driving a 2001 white Cadillac Seville.

Siddall is white, five feet two inches tall and 110 pounds, with blond hair and green eyes. She has a Japanese symbol tattooed on her neck.

Anyone with information on their whereabouts is asked to not approach them, and to call 911 or Crime Stoppers at 1-800-222-8477.

KATE WEBB/METRO

Evaded laws?

Privacy watchdog reviews Liberals ethnic-vote plan

B.C.'s information and privacy commissioner says she's examining privacy issues related to a Liberal government plan to use public resources to try to woo the ethnic vote.

Commissioner Elizabeth Denham says she wants to find out if a former aide to Premier Christy Clark tried to evade access to information laws when he used his personal email, instead of a government email account, to exchange messages about the plan.

She also wants to know if personal information was inappropriately shared when details about members of the ethnic community were exchanged between bureaucrats and the B.C. Liberal party.

THE CANADIAN PRESS

B.C. Court of Appeal

Drunk-driving-law review delayed

The B.C. Court of Appeal has put off a review of a provincial law that imposed stiff penalties on drivers suspected of being impaired.

The case was expected to be heard this week, but the three-judge appeal panel complained of procedural errors as they adjourned the hearing.

Several plaintiffs challenged the province's impaired-driving legislation, which was overhauled in September 2010 to impose new penalties on drivers with blood-alcohol levels of higher than .05 per cent — below the Criminal Code threshold of .08.

A B.C. Supreme Court judge later concluded the law violated the charter because it didn't provide a way for them to challenge the result of a roadside breath test, prompting the provincial government to bring back a revised version last year. THE CANADIAN PRESS

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Facebook to open Vancouver office in May

Local software engineers will get the chance to update their Facebook profiles to say they work for the social network.

The tech giant will open a temporary office in late May for new engineering hires, a Facebook spokesperson confirmed Monday.

The office, which is slated to stay open until late 2014, will hire up to 150 software engineers from Canada and abroad.

Facebook chose Vancouver because it's close to its headquarters in Menlo Park, Calif., and its engineering office in Seattle.

It will hire Canadians — it already recruits students from UBC and other universities — and overseas grads that otherwise would not be able to work in the U.S. headquarters.

"Vancouver is an attractive city for world-class talent to live and work. This office will provide an opportunity for us to intensify our efforts to hire the best and brightest engineering talent in Canada," according to a Facebook statement.

Facebook has yet to sign a lease, but is looking at downtown locations.

The job postings are online at workopolis.com and workbc.ca. **EMILY JACKSON/METRO**

Quoted

"Vancouver is an attractive city for world-class talent to live and work. This office will provide an opportunity for us to intensify our efforts to hire the best and brightest engineering talent in Canada."

Facebook statement

The two-person mini-sub comes with a hefty $2-million price tag.
CONTRIBUTED

Local business launches $2M mini-submarines

Luxury. The two-person vessels are 22 feet long with business-class-style seating and 360-degree viewing domes

A North Vancouver business has made it possible for wannabe secret agents and marine biologists to explore the depths of coastal waters in their own personal luxury submarines.

Each made-to-order "Spymaster OrcaSub" comes with a hefty $2-million price tag, but creators at Nuytco Research say there's more of a demand than one might think.

"When you consider that there are people out there with $20-million and $30-million yachts, it's not that big a jump," Nuytco Research founder Phil Nuytten said.

The two-person mini-subs are 22 feet long with business-class-style seating and 360-degree viewing domes, a news release states. Operators can dive to 2,000 feet below sea level.

They take six months to build at the company's North Vancouver location.

With a narrow fuselage and wing-mounted thrusters, the submarines look far more like airplanes.

But one doesn't need to be a pilot to figure out the controls.

"We had George Lucas's 12-year-old daughter in one of the subs," Nuytten said. "We wanted to see how long it would take her to figure out the controls. It was like 20 minutes."

Nevertheless, the company provides buyers with a five-day training course before they're released to roam deep, dark waters and underwater lairs.

TYLER HARBOTTLE/THE CANADIAN PRESS EXCLUSIVELY FOR METRO

Treatment

B.C. provides $700K for surgery to correct dental and facial deformities

The B.C government is providing $700,000 to treat people with dental and facial deformities.

Health Minister Margaret MacDiarmid says the money will allow the BC Dental Association to help 65 patients who need prosthetic treatment.

Many of them have lived with the deformities since they were children because surgery can't be done until their bone structure has finished growing, around the age of 20, while others have developed dental-facial deformities after cancer treatment.

MacDiarmid says the treatment will give the patients not only new smiles but also the ability to chew and speak properly, which will help restore their self-confidence.

Under the program, the BC Dental Association will work with the BC Cancer Agency, Children's Hospital and Vancouver General Hospital to identify and treat patients.

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Stranger's kindness fulfils St. Patrick's Day wish

Halifax to Dublin.
Plea brings Irishman out to forgotten family grave

ANDREW FIFIELD
andrew.fifield@metronews.ca

While Canadians were packing pubs from coast to coast on St. Patrick's Day, a man in Dublin answered a request from a stranger across the sea.

It started when Andrew Bourke of Halifax brought an odd request to the social news site Reddit on the weekend.

"This is the grave of my great uncle, who was badly burned in a flying accident and died a few days later," he wrote.

He included a photo of the tombstone of Lieut. Thomas Leslie Bourke, who died decades before Andrew was born.

"Can someone drink a pint there tomorrow … or maybe just place a flower for me?"

Bourke found a photo of the tombstone while searching his great uncle's name last year.

"I was sad that the grave looked so uncared for," Bourke told Metro.

With little more to go on than a photo, it seemed unlikely anyone would actually visit. But after a few people vowed to hoist a brew in Lt. Bourke's memory — just not at Mount Jerome Cemetery — user elmoslats chimed in.

"It was a bitch to find. Bought some flowers," he wrote. Included was a new photo of the same grave, now decorated with a simple token.

Finding the grave was no small task — founded in 1836, Mount Jerome Cemetery has seen more than 300,000 burials. REDDIT

Refusing pipeline would be a betrayal: Redford

Alberta Premier Alison Redford in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

A U.S. rejection of the Keystone XL pipeline proposal would have far-reaching implications for the Canada-U.S. relationship, Alberta Premier Alison Redford warns.

"I don't think this is as simple as yes or no on a project," she told The Canadian Press on Monday during a trip to Ottawa. "I do think this could fundamentally change the relationship."

TransCanada Corp. needs approval from U.S. President Barack Obama in order to build its $7-billion bitumen pipeline from Alberta to refineries on the Gulf Coast.

A refusal would throw into question decades of Canada-U.S. economic co-operation and integration, Redford said.

"I think it would show that we're not as trusted as partners as we used to think that we were," the premier said.

She argued that the original free-trade agreement between Canada and the United States included formal commitments to maintain the energy relationship, with Canada promising to remain a supplier and the United States committing to remaining a customer.

"We need to make sure that those relationships continue," she said. "They matter to the continent. And we're a very blessed continent. We have resources, we have people, we have security. And it's important for us to remember it's a result of an incredibly successful partnership over the last decades, hundreds of years."

THE CANADIAN PRESS

Alberta

Death brings fix for hand sanitizer

Influenced by the death of an Alberta man in 2010, hospitals have removed all portable bottles of hand sanitizer and replaced them with wall-mounted dispensers in public areas.

A doctor at Vulcan Hospital determined it was safe for a drunken Kurt Kraus to sober up in an RCMP cell. A nurse suspected the chronic alcoholic had ingested hand sanitizer at the hospital, but no one knew he had also taken 10 anti-depressant pills. THE CANADIAN PRESS

Algeria

Canadian remains found at gas plant

The RCMP say Canadian remains have been found at the site of a blood-soaked January standoff in Algeria between terrorists and gas-plant workers.

The Mounties refused to say Monday whether there was more than one body or whether the remains were discovered among the attackers or hostages killed in the incident.

Foreign Affairs has said previously that it believed no Canadians or dual nationals were among the hostages. As a result, the latest development suggests a Canadian presence among the attackers. Algerian Prime Minister Abdelmalek Sellal had publicly asserted that two Canadians were among the band of militants. THE CANADIAN PRESS

Lack of vision in B.C. healthcare.
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Keystone unites unlikely allies

Nebraska. Ranchers, landowners and environmentalists rally to fight off TransCanada pipeline project

With a sense of grim determination, a group of unexpected partners has begun gathering at kitchen tables, in churches and along fence rows in Nebraska to plot what could be the final battle in the four-year conflict over the Keystone XL pipeline.

After months of quiet, a recent U.S. State Department report dismissing the ecological impact of the pipeline has cleared the way for a final decision on the plan for transporting oil extracted from the Alberta tar sands to refineries on the Texas Gulf Coast.

Sisters Jenni Harrington, left, and Abbi Kleinschmidt walk past a wooden stick that marks the proposed route of the Keystone XL pipeline on Harrington's property near Bradshaw, Neb. THE ASSOCIATED PRESS

Environmentalists, property-rights advocates and ranchers have banded together to find new ways to derail a project that, more than ever, seems to be headed for approval in a nation eager for jobs and energy development.

"It's been four very long, very difficult years," said one of the opposition's chief organizers, Jane Kleeb of Hastings, Neb.

But the group is buoyed by its success so far in stalling the project and in bringing so many disparate interests into the fight.

"I'm associated with people I never dreamed I would have been associated with," said Randy Thompson, a Nebraska rancher and self-described conservative Republican. "There's a stigma on ... environmentalists. I had that concept."

The opposition effort is now focused on the new Secretary of State, John Kerry, who will make a recommendation to U.S. President Barack Obama on whether to green-light the project. Opponents and supporters will face off at a public hearing in Nebraska, expected in the spring. THE ASSOCIATED PRESS

B.C. Court of Appeal

Feds appeal right-to-die ruling

Canadians who want control over how they die should not take priority over vulnerable people whose lives could be hastily snuffed if the courts uphold a legal decision permitting doctor-assisted suicide, a federal government lawyer argued before the B.C. Court of Appeal.

The review of a landmark decision that effectively gave people the right to die began on Monday.

THE CANADIAN PRESS

Manitoba. Family of man who died in ER appeals to broaden lawsuit

The family of a Winnipeg man who died in a hospital emergency room is appealing a court decision that reduced the scope of their lawsuit.

Relatives of Brian Sinclair are appealing a Court of Queen's bench ruling last year that dismissed a section of their statement of claim that said Sinclair's charter rights had been violated.

A hearing is set for Wednesday.

Sinclair, a 45-year-old double amputee, died after waiting for 34 hours in the emergency room of the Health Sciences Centre.

Police and the Crown decided no charges were warranted.

Sinclair's family filed the lawsuit, saying they wanted someone held accountable for what went wrong.

An inquest into the death is expected later this year.

THE CANADIAN PRESS

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Clinton comes out in support of gay marriage

Presidential run? Polls show public opinion on same-sex marriage has shifted more rapidly than on any issue in recent times

Former U.S. secretary of state Hillary Clinton announced her support for gay marriage Monday, putting her in line with other potential Democratic presidential candidates on a social issue that is rapidly gaining broad public approval in America.

Clinton made the announcement in an online video released Monday morning by the gay rights advocacy group Human Rights Campaign.

She says in the six-minute video that gays and lesbians are "full and equal citizens and deserve the rights of citizenship."

"That includes marriage," she says, adding that she backs gay marriage both "personally and as a matter of policy and law."

Clinton's announcement is certain to further fuel the already rampant speculation that she is considering another run for president in 2016. Other possible Democratic contenders — including Vice-President Joe Biden, New York Gov. Andrew Cuomo and Maryland Gov. Martin O'Malley — all back the right of same-sex couples to marry.

In Gallup polling last November, 53 per cent of adult Americans said same-sex marriages should be granted the same status as traditional marriages, while 46 per cent felt they should not be valid.

In 1996, when Gallup first asked about gay marriages, 27 per cent felt they should be valid.

THE ASSOCIATED PRESS

Former U.S. secretary of state Hillary Clinton, seen in this Jan. 31 photo, has announced her support for gay marriage. In an online video Monday, Clinton says gays and lesbians deserve "the rights of citizenship" and "that includes marriage." MANUEL BALCE CENETA/THE ASSOCIATED PRESS FILE

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Abortion trial. Doctor accused of killing 7 babies

A lawyer defending a Philadelphia abortion provider on murder charges accused officials of "an elitist, racist prosecution," as the death-penalty trial opened Monday.

Lawyer Jack McMahon also accused city officials of "a prosecutorial lynching" of his client, Dr. Kermit Gosnell, who is black.

Gosnell, 72, is accused of running a rogue clinic that ignored the state ban on third-term abortions and 24-hour waiting periods. Prosecutors say he also maimed desperate, often poor women and teens by letting his untrained staff perform abortions and give anesthesia. And they say he got rich doing it, by performing a high volume of substandard abortions.

Gosnell is charged with killing seven babies born alive.

Police found $250,000 in cash during a 2010 search of his home, Assistant District Attorney Joanne Pescatore said. Gosnell used outmoded drugs and unorthodox methods, forcing women to endure labour and then deliver live babies that were then killed by staff with scissors, she said. Normally, the fetus is killed in utero.

THE ASSOCIATED PRESS

Brazil torrential rains

Mudslides kill 13 in mountain town

At least 13 people have been killed in mudslides triggered by torrential rains in a mountain town north of Rio de Janeiro where floods killed more than 900 people two years ago, state officials said Monday.

A month's worth of precipitation, or about 14 inches of rain, fell in just 24 hours in Petropolis, a town of around 300,000 nestled in mountains about 65 kilometres north of Rio. Meteorologists are forecasting more rain in the coming days.

The Globo television network broadcast images of Petropolis' streets transformed into rivers of muddy, waist-deep waters, houses crushed beneath mud and detritus and roadways blocked by fallen trees. THE ASSOCIATED PRESS

Chopper pilot carried out jailbreak at gunpoint, boss says

'You're going to ... prison.' 23-year-old back home Monday after being treated for shock following movie-like ordeal

A young helicopter pilot, Sebastien Foray, picked up a pair of passengers for what was supposed to be a routine weekend flight over the north shore of Montreal.

Instead, he wound up in an international news story.

Plans for a routine Sunday excursion dissipated quickly, as he allegedly found himself staring down the barrel of a .38-calibre handgun.

"They took out a gun and said, 'You're going to Saint-Jerome prison,'" said Yves Le Roux, owner of Passport Helico, where Foray has worked for a couple of years.

He said the pilot was ordered to land on a tower above the prison. Once there, his passengers pulled some rope out of a backpack and let it tumble out toward the ground level below.

And up came two convicts, springing out from the prison yard.

Le Roux said they flew another two or three minutes, with the escaped prisoners dangling from the helicopter, and they landed in an open field where they were able to hop aboard.

From there, they flew toward a hotel in the Laurentians, where the four passengers exited — but not before someone pulled a T-shirt over the pilot's head, Le Roux said, so he wouldn't witness the getaway. THE CANADIAN PRESS

Nabbed

Hours after the prison break, the two alleged accomplices and the two convicts were found and arrested.

- They appeared in court Monday, where they were slapped with nearly two dozen charges, including breaking out of prison, kidnapping and pointing a gun at someone.
- Police raised the possibility of other charges.

Ex-star quarterback killed in plane crash

Firefighters work at a home on Monday in South Bend, Ind., where a plane crashed on Sunday. The plane damaged houses and caused injuries and at least two fatalities. Former University of Oklahoma Sooners quarterback Steve Davis, 60, and Wes Caves, 58, a businessman from Tulsa, Okla., were the flight crew on the private jet, and both were killed. JOE RAYMOND/THE ASSOCIATED PRESS

India. Accused in tourist rape appear in court

Six men accused of raping a Swiss tourist who was cycling with her husband in central India were produced in court on Monday and charged with gang rape.

The suspects appeared in the magistrate's court in Madhya Pradesh state with their faces covered with black cloth, police superintendent Chandra Shekhar Solanki said.

It was not clear how they pleaded in court, but during their arrest on Sunday they confessed to the crime, police said. The men, who are poor farmers from nearby villages, also face additional charges of robbing the Swiss couple. THE ASSOCIATED PRESS

Guantanamo Bay

More than 20 men on hunger strike

A hunger strike at the Guantanamo Bay prison has grown and now involves at least 21 men, a U.S. military official said Monday while denying reports trickling out from prisoners through lawyers that there is a more widespread protest and lives are in danger. THE ASSOCIATED PRESS

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Strange frog species could jump again

De-extinction. Scientists plan to revive frog that was wiped out in 1983

The gastric-brooding frog became extinct in 1983. PETER SCHOUTEN/METRO WORLD NEWS

As the only animal to give birth through its mouth, the gastric-brooding frog fascinated scientists — until it became extinct in 1983. But thanks to a cloning breakthrough, this unique beast could live again and become the first "de-extinct" species since a Pyrenean ibex survived for seven minutes in 2009.

New technology has allowed the Australian "Lazarus Project" to insert the frog's genome — its complete DNA — into a similar species. The process, announced at the TEDx DeExtinction conference, is expected to produce the living animal within a few years, the project's creators claim. "I'm sure we can get to that stage, and it will be exactly the same as the extinct frog," Lazarus scientist Dr. Michael Mahony told Metro.

The team will produce several of the species and claim the same technology could work for any organism — they are also working to revive the Thylacine, or Tasmanian tiger.

In a Jurassic Park scenario, restoring animals could put humans at risk. "It's totally unpredictable," said Natural History Museum extinction specialist Roberto Miguez. "The reason Tasmanian tigers became extinct is they were perceived as a threat to farmers." But he added: "I would be at the front of the queue to see one."

KIERON MONKS/METRO WORLD NEWS

Doomed again

In many cases there is no place for (extinct species) as their habitats have disappeared. They would be doomed again."

National Geographic science writer Brian Switek, giving his view on the controversial de-extinction plans

Satan looks a helluva lot like ... Obama? Nonsense, TV show producers retort

The producers of a cable TV miniseries on the Bible say Internet chatter that their Satan character resembles U.S. President Barack Obama is "utter nonsense."

Mark Burnett and Roma Downey said Monday the Moroccan actor who played Satan in the History channel series, Mehdi Ouazanni, has played Satanic characters in other biblical programs long before Obama was elected president.

The connection got widespread attention after talk-show host Glenn Beck last week tweeted: "Does Satan look EXACTLY like Obama? Yes!"

History said in a statement that the network has "the highest respect" for Obama, and that "it's unfortunate that anyone made this false connection."

"Both Mark and I have nothing but respect and love for our president, who is a fellow Christian," said Downey, the Touched By an Angel actress who is married to Burnett.

THE ASSOCIATED PRESS

Is there a resemblance between Obama and this Satan character?
THE ASSOCIATED PRESS

Alabama

Man pleads guilty in Obama Twitter death threat

A Birmingham man pleaded guilty on Monday to using Twitter to threaten the life of U.S. President Barack Obama.

Prosecutors said Jarvis Britton, 25, tweeted, "Let's kill the president. F.E.A.R.," on Sept. 14. It stands for Forever Enduring Always Ready, which prosecutors say is a national militia group that planned to overthrow the U.S. government. THE ASSOCIATED PRESS

Twitter co-founder

Another rich guy wants to be mayor

There may be another billionaire interested in New York City's top job. Jack Dorsey, co-founder of Twitter and the mobile payments startup Square, reportedly said in a 60 Minutes interview he wants to be mayor of New York one day.

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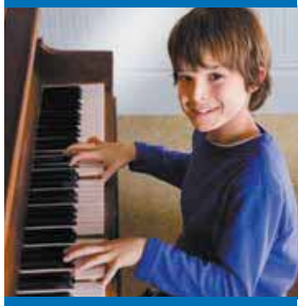

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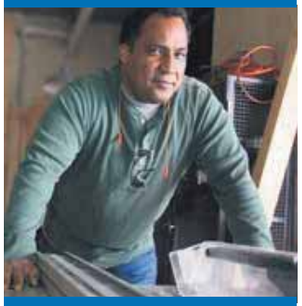

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News worth sharing.

Happy house hunting

How much can you afford? Consider many different factors so you can become a more secure homeowner

TERESA CHIYKOWSKI
For Metro

It's an exciting time in your life. You are ready to trade rent cheques for mortgage payments but the question is, "How much can you really afford to spend, all factors considered such as your income, debt load and expenses? The answer is important. Knowing how much you can spend can help you narrow down your options and also make you a more secure homeowner.

Here are a couple of items that should figure into the calculation on how much you can afford before making a final decision.

Gross Debt Service ratio looks at your proposed new housing costs (mortgage payments, taxes, heating and electricity costs and condominium fees, if applicable). A general rule of thumb is that this amount should be no more than 32 per cent of your gross monthly income. For example, if your gross monthly income is $5,000, you should not be spending more than $1,600 in monthly housing expenses.

Total Debt Service ratio (TDS) measures your total debt obligations (including housing costs, loans, car payments, and credit card bills). Generally speaking, your TDS ratio should be no more than 40 per cent of your gross monthly income.

Debt service ratios aside, there is a general rule that you can follow to determine if a house is within your budget. Take your household's gross annual income (salaries, wages and taxable income before taxes) and multiply by 3.4. For example, if you have an annual household income of $70,000, you should be able to pay $238,000 for a home.

Online calculators

Many financial institutions offer online calculators to help you determine if you are ready to buy. While these online tools can be fast and easy to use, they don't take into account debt service ratios and other important costs associated with owning a home, such as home insurance, gas and electricity, property taxes, cable, Internet and telephone.

If you are serious about buying and how much you can truly afford, it's worth your while to meet with a financial planner or real estate agent to uncover the hidden costs of owning your first home.

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Choices

Do you want to buy new or resale?

PAGE HG6

Expert advice

We want to help make moving into the home of your dreams simple and stress free. So we have partnered with RBC Royal Bank to offer the information you need to start your search and expert advice on how to close the deal.

Choose a winning team for your purchase

Buying a home can be a confusing and emotional process – even more so if you are a first-time homebuyer. Where do you turn for expert help, support and advice that will ease the stress and make the process go smoothly? A real estate agent is the natural place to start, but the truth is that buying a home really is a team effort. Although the roster might vary depending on your game plan, here are some of the players you might expect to have on your team.

JUPITERIMAGES/COMSTOCK/THINKSTOCK

Real estate agent: Is licensed to negotiate and arrange real estate sales. Agents can show and list properties, and complete listing agreements and purchase contracts. They must know the market value and positive and negative aspects of properties.

ISTOCKPHOTO/THINKSTOCK

Mortgage specialist: Is employed by a financial institution and can help guide you through and advise you on the range of products that their company offers.

BRAND X PICTURES/THINKSTOCK

Professional renovator: Is a general contractor, sometimes referred to as a renovation contractor, who can adapt the home to your needs. The renovator will assume responsibility for the work contracted and give you a warranty once it's completed.

ISTOCKPHOTO/THINKSTOCK

New builder sales rep: Are paid to represent the builder. Due to the high volume nature of new home sales, many builder's agents are paid less than a traditional commission; some earn a salary plus incentives. They can also help you choose the right upgrades.

COMSTOCK/THINKSTOCK

Real estate lawyer: Acts as "quarterback" for you, ensuring that your closing and all of the related documentation is complete and delivered on time. Typically, you will meet with your lawyer a day or two before closing.

COMSTOCK IMAGES/THINKSTOCK

Home inspector: Identifies whether a home has any defects. This means they should be fully aware of relevant local ordinances, such as frame construction, electrical and plumbing systems, heating and cooling systems, and the condition of any other structures that are found on the property. TERESA CHIYKOWSKI

RBC Royal Bank

Make buying your first home a reality.

Do your homework before you buy your new home

TERESA CHIYKOWSKI
For Metro

Buying your first home? If you are ready to make that major move to mortgage from rent, there are some important things to consider, including the property type that's right for you.

URBAN CONDO

Does minimal maintenance and a carefree lifestyle appeal to you? If so, an urban condo is probably the ideal fit.

Pros: Shopping and entertainment are usually within walking distance — no wheels required. External maintenance costs are covered by your monthly condo fees, which makes home ownership much easier if you enjoy a busy lifestyle.

Cons: Monthly condo fees run hundreds of dollars. In many cases, a parking space can cost $25,000 to $30,000. If you work outside the city, you will have to incur commuting costs. Also, beware of any outstanding special assessments over and above what condo fees actually cover.

SINGLE-FAMILY HOME

If more space is important to you and being responsible for external home maintenance is not a concern, consider a single-family dwelling.

Pros: You will have space and privacy because you don't share a wall with neighbours. You also have the freedom to maintain your house and landscape your yard to suit your needs.

Cons: If you are buying an older house, be prepared to budget for unforeseen repairs and updates such as windows, roofing and furnace. If you want a new house, complete with upgrades such as hardwood floors and granite countertops, consider this when preparing your budget. Upgrades can add up fast.

FREEHOLD TOWNHOUSE

Finally, if you want your own easy-to-manage home without condo fees, it's worth looking at freehold townhomes.

Pros: With a freehold, you own the home and the land around it and are not subject to monthly condo fees or the stringent rules and regulations set out by a central committee.

Cons: There is no central group that has power over the complex. As a result, exterior colours have no continuity, landscaping tastes and expectations diverge and other issues can arise.

Some final words of wisdom. Before you decide to buy, do you your homework, seek advice and ask questions. After all, it's one of the biggest purchase decisions you will ever make.

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Chop ½% off your

Many factors determine down payments

TERESA CHIYKOWSKI
For Metro

If you are buying a home for the first time, how much of a down payment will you need to seal the deal? Generally, down payments will range from five per cent to 20 per cent.

The minimum down payment depends on a number of factors, such as the type of home, but it is at least five per cent of the purchase price of the home. For example, to buy a $300,000 home, you will need a minimum of $15,000 as your down payment.

It's important to know that if your down payment is less than 20 per cent, you will be required to pay mortgage default insurance. The insurance premium will vary depending on the percentage you have as a down payment. The higher your down payment, the lower your mortgage premium will be. Usually, mortgage default insurance premiums range from 0.5 to three per cent of the borrowed amount.

Yes, there is help out there

Although it can seem a little daunting to come up with a lump sum of money this large, you shouldn't despair if you are a first-time homeowner. The government offers incentives to help first-time homebuyers realize their dreams.

Home Buyers' Plan

If you are eligible, you can withdraw up to $25,000 tax free from your registered retirement savings plan to purchase or build a qualifying home. To qualify as a first-time homebuyer, you cannot have owned a home as a principal residence for four years before the date of the withdrawal of funds. If you use this plan, you will have to start repaying the amount two years after withdrawing the funds; the entire quantity must be entirely repaid within 15 years.

Home Buyers' Tax Credit

You are eligible to claim an amount of $5,000 for the Home Buyers' Tax Credit. This provides up to $750 in federal tax relief. You qualify if you have not lived in another home owned by you or your spouse or common-law partner in any of the four preceding years and you acquire a qualifying home.

To learn more about mortgages and down payments, visit the Canada Mortgage and Housing Corporation website (cmhc-schl.gc.ca).

If you are buying a home for the first time, it's important to find you how much of a down payment you will need. ISTOCKPHOTO/THINKSTOCK

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Simplifying your mortgage choices

Mortgages can be confusing business, especially if you have never had one. Fixed, variable, open, closed — what does it all mean? To demystify the topic, here is an overview of some of the language you can expect to encounter when you shop for a mortgage.

Conventional mortgage: Is equal to, or less than, 80 per cent of the lending value of the property. The lending value is the property's purchase price or market value, whichever is less.

High-ratio mortgage: Usually requires mortgage loan insurance because the down payment is less than 20 per cent of the home price.

Amortization period: The number of years it will take to pay back your mortgage loan, or the time over which all regular payments would pay off the mortgage. This is usually 25 years for a new mortgage, however, it can be longer (up to a maximum of 35 years). The longer the amortization, the lower the scheduled mortgage payments, but the more interest you pay in the long run.

Open mortgage: You can usually pay off part of or the entire amount of an open mortgage at any time without penalty. This can be a good choice if you plan to sell your home in the near future.

You have many different choices to make when shopping for a mortgage for your home. ISTOCKPHOTO/THINKSTOCK

Closed mortgage: You cannot prepay, renegotiate or refinance a closed mortgage before it matures, except according to its terms. You are locked into a specific payment schedule and a penalty usually applies if you repay the loan in full before the end of a closed term. This is a good choice if you would like to have a fixed monthly payment.

Variable-rate mortgage: The rate of interest may change if other market conditions change. This is sometimes referred to as a floating rate mortgage.

Fixed-rate mortgage: The rate of interest is fixed for a specific period of time.

Adjustable mortgage: Both the interest rate and the mortgage payment vary, based on market conditions.

When you are ready to shop for a mortgage, your lender can walk you through the options and help you make the choices that suit your budget and lifestyle. TERESA CHIYKOWSKI

TOP PHOTO GROUP/THINKSTOCK

Tips for saving money

1 Shop around for a mortgage. A 0.5 percentage point might not seem like much at the time, but it will save you thousands of dollars over the life of your mortgage.

2 Get a home inspection. If the home inspector identifies issues (e.g., poor insulation, leaky foundation) you might be able to renegotiate the purchase price to cover these repairs.

3 Shop for a lawyer. As with any service, legal fees can vary significantly. Consider using someone who specializes in real estate law since rates can be more competitive.

4 Put yourself on a budget and stick with it. There are a number of unforeseen costs that will arise and you want to be ready for them.

5 Forego mortgage insurance. You are farther ahead to increase the term insurance for the amount of the mortgage. The premiums are often less and the payout will be greater.

TERESA CHIYKOWSKI

New or resale pros and cons

Decision. Depending on your wants and needs, you will choose to buy new or resale

TERESA CHIYKOWSKI
For Metro

Resale or new? What's right for you?

You are financially and emotionally prepared to take the plunge and buy your first home. But what kind of home will it be — new or resale? If you are feeling somewhat conflicted, here are a few pros and cons that might help make the decision easier.

BUYING A NEW HOME

PROS

Customization/personalization: You usually have the opportunity to participate in the process of designing your property, which helps create a living space tailored to your tastes.

Fewer repairs: You have lower maintenance costs because everything is new and many items are also covered by a builder's warranty.

Latest building codes have been applied: Your new home will be up-to-date in terms of the latest electrical and energy-efficiency codes/standards.

CONS

Taxes: GST will apply. However, you might qualify for a rebate of part of the GST or HST on homes that cost less than $450,000.

Extra costs: Adding landscaping and upgrades such as hardwood floors, premium carpeting and granite countertops can drive up new home costs quickly. Make sure you know what's included in the price of your house.

A longer wait: If you are having a new home built be prepared for delays. In fact, you could wait up to a year — or longer.

There are pros and cons when choosing between new and resale for your new home. ISTOCKPHOTO/THINKSTOCK

BUYING A RESALE HOME

PROS

No GST/HST: You don't have to pay GST/HST unless the house has been renovated substantially. In this case, taxes will be applied as if it were a new house.

Easier access to services: Resale homes are usually in established neighbourhoods, which means you will be closer to services, schools and shopping.

More character: Older homes have architectural and design features not incorporated in most of today's new houses.

GOODSHOOT/THINKSTOCK

CONS

Renovation costs: You might need to redecorate, renovate or do major repairs such as replacing the furnace, fence, roof, windows and doors.

Mortgage default insurance: If your down payment is less than 20 per cent, you will be required to pay mortgage default insurance.

Energy costs: Older homes are less energy efficient. You may have to spend more money on heating or invest in extra insulation in your walls and/or attic.

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Cyprus tax plan shocks Europe

Savings. Government set to raid bank accounts to raise bailout money

Protesters hold up their hands outside the parliament in Nicosia, Cyprus, to protest a controversial bailout proposal. PETROS KARADJIAS/THE ASSOCIATED PRESS

A plan to seize up to 10 per cent of people's savings in the small Mediterranean island nation of Cyprus sent shock waves across Europe on Monday as households realized the money they have in the bank may not be safe.

A weekend agreement between Cyprus and its European partners called for the government to raid bank accounts as part of a 15.8-billion-euro ($20.9-billion) financial bailout, the first time in the eurozone's crisis that the prospect of seizing individuals' savings has been raised.

Facing outrage, Cyprus' government delayed a parliamentary vote on the seizure and ordered banks to remain shut until Thursday while it tries to modify the deal to reduce the hit on people with small deposits.

Several hundred people gathered outside the vacant parliament building, with some chanting "thieves, thieves."

In order to get 10 billion euro ($13.2 billion) in bailout loans from international creditors, Cyprus agreed to take a percentage of all deposits — including citizens' savings. The surprise deal stoked fears that deposits in other countries could be targeted. The government is now trying to modify the terms of the plan, particularly for small savers.

THE ASSOCIATED PRESS

New watchdog

Deal struck on U.K. media laws

British politicians have struck a last-minute deal over press regulation that is meant to curb the worst abuses of the country's scandal-tarred media. The deal follows days of heated debate over how to implement report recommendations on how to clean up a newspaper industry plunged into crisis by revelations of widespread illegality. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.82¢ (-0.29¢)

TSX 12,781.76 (-48.27)

OIL $93.74 (+29¢)

GOLD $1,604.60 (+$12)

Natural gas: $3.92 (+4.8¢)
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ALL'S FAIR IN LOVE AND LAUNDRY

SHE SAYS

Jessica Napier
metronews.ca

There are numerous benefits to shacking up with a significant other — not only is it cost-effective but those late-night booty calls become a lot more convenient. But what happens when you wake up the next morning and realize that the floors need to be cleaned and there's a pile of dirty dishes in the sink? What's the best way to handle the division of labour when you start living together under the same roof?

Some couples think it's best to approach cohabitation in a pragmatic, organized fashion while others assume that the living situation will evolve more organically. Divvying up household responsibilities in a systematic fashion can help reduce the I-took-the-garbage-out-last-week arguments, but I can't help thinking that keeping an official chore schedule and tallying up grocery receipts might ultimately suck the romance out of the relationship.

Like many women, I've had my fair share of discussions (ahem, blowout fights) about discrepancies in who does more housework. When my boyfriend and I first moved in together he suggested that he take care of the laundry while I should be the one to clean the toilet because "you're so much better at it than I am." He was half-joking (I hope) but also correct in that I was much more proficient at keeping things neat and tidy. However, I swiftly gave him a crash-course in bathroom maintenance and explained that I refused to live with a man-child with no concept of how to clean up after himself.

If anything, the guys should be the ones cleaning the toilet more often because as ladies we have much better aim when it comes to bathroom visits.

While household work might have been a woman's domain in the past, times have changed and traditional gender roles have given way to confusion as both men and women negotiate their new responsibilities inside and outside of the home. The notion of a clearly defined male breadwinner and his dutiful housewife seems laughably archaic now, but that doesn't mean we've totally figured out how to navigate our way through this uncharted domestic territory. However, there's no doubt that two partners with full-time jobs and busy social lives should be making a conscious effort to divide household chores equally.

But if we take our desire for equality too literally it's possible that our pursuit of balance might start breeding resentment. If you're refusing to wash each other's underwear or help clean up the kitchen when it's not your turn, then that well-intentioned organization will turn into animosity. Tracking every single meal cooked and dollar spent in the name of equality might seem like a sensible approach, but it's kind of like keeping score in a game with no real winners.

That elusive notion of "domestic bliss" probably exists somewhere in the healthy middle ground between a hyper-regulated household and unmanaged chaos. However, if I haven't found it after four years of cohabitation then I might just have to accept that there will always be arguments. At least he knows how to scrub a toilet bowl now.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Fancy some moonshine?

STEVE NILSEN/REX FEATURES

When the light hits your eye

Photographer Steve Nilsen couldn't help having fun when he witnessed an impressive moon halo in Kvæfjord in northern Norway. He grabbed his flashlight and made it appear as if he was creating the stunning natural phenomenon with the flashlight. "I made the most of the sky, as there were no aurora to see then," he said. METRO

How the moon gets its halo

A moon halo is caused by the refraction of moonlight from ice crystals in the air.

The shape of the ice crystals results in a focusing of the light into a ring, which surrounds the moon at a radius of 22 degrees. Since the crystals typically have the same shape, namely a hexagonal shape, the moon ring is almost always the same size. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The unfortunately-named Border Porn is a Reddit page dedicated to very cool photos of international crossings — from the U.S. border splitting a Canadian's driveway to the meeting of hemispheres in Ecuador.

The patio of the Frontière Café in Baarle-Nassau, Belgium, is a humble dividing line with the Netherlands.

Which is a far cry from the military tension of the Korean Peninsula's DMZ.

Letters

RE: Obama: Keystone XL Pipeline Not Major Jobs Creator, published March 14

Obama, quit posturing, just say yes or no. Time to sink or swim for your toothless presidency.

Raymond Fortier posted to metronews.ca

RE: Experts Renew Calls to Solve Foreign Investment Housing Affordability Puzzle, published March 17

The market was inflated all over Canada. Winnipeg home prices doubled over the last 10 years, too, and there weren't any foreigners buying there. This is a huge bubble inflated by the federal government/CMHC policy of subsidizing mortgages with low to no down payment and 30 to 40 year terms.

Joe Mainlander posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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DVD reviews

The Hobbit: An Unexpected Journey

Director. Peter Jackson

Stars. Martin Freeman, Ian McKellen, Richard Armitage

Director Peter Jackson chose to tell the first part of his The Hobbit film trilogy in 3D at 48 frames per second (twice the normal rate). The DVD/Blu-ray release of the film is less ambitious. There's no 48fps, and 3D is available on Blu-ray only, but there's still lots to see and marvel over. Events in The Hobbit: An Unexpected Journey are set 60 years before novelist J.R.R. Tolkien's Lord of the Rings begins, when a wise Gandalf shows up at the Shire home of happy Bilbo (Martin Freeman) urging him to adventure. Gandalf (Ian McKellen) represents 13 dwarves whose Kingdom of Erebor has been invaded and conquered by the dragon Smaug. The dwarves seek to reclaim their homeland and also the treasure the dragon has stolen. At a running time of 170 minutes, The Hobbit packs in too much of a good thing, but it's all quality stuff.

PETER HOWELL

Ladies and gentlemen...

It's our pleasure to introduce to you... Justin Timberlake's career. His album, The 20/20 Experience, is out today. In honour of JT, we take a look back.

METRO WORLD NEWS

1981

Beamed down from heaven — to Tennessee — Justin Timberlake simply appeared one day, fully-formed. His first words were not words at all, but traditional gospel hymns that made grown men weep.

1993

His first big break: Timberlake sang country music on the U.S. talent series Star Search. That isn't the first hat he'd regret.

1993

Britney Spears, Christina Aguilera and JT appeared on The Mickey Mouse Club when — whoa, is that Ryan Gosling? Why isn't this story about him?

1995

Backstreet who? *NSYNC sold 11 million albums, and the sequel, No Strings Attached, became the fastest (at the time) selling album ever.

2000

Bristin Timberspears never really took off as a nickname. It's never too late.

2002

The solo career. The album Justified would sell more than 7 million worldwide.

2006

Timberlake brings sexy back with FutureSex/LoveSounds.

2007

Madonna teams up with JT and the world shrugs.

2010

Timberlake brings swagger to the Oscar-nominated The Social Network.

2013

Straightened hair, sharp suits, a lifetime of style lessons learned. Justin is back with The 20/20 Experience, out today. He's a latter-day Sinatra who moves like Michael Jackson.

SCENE2

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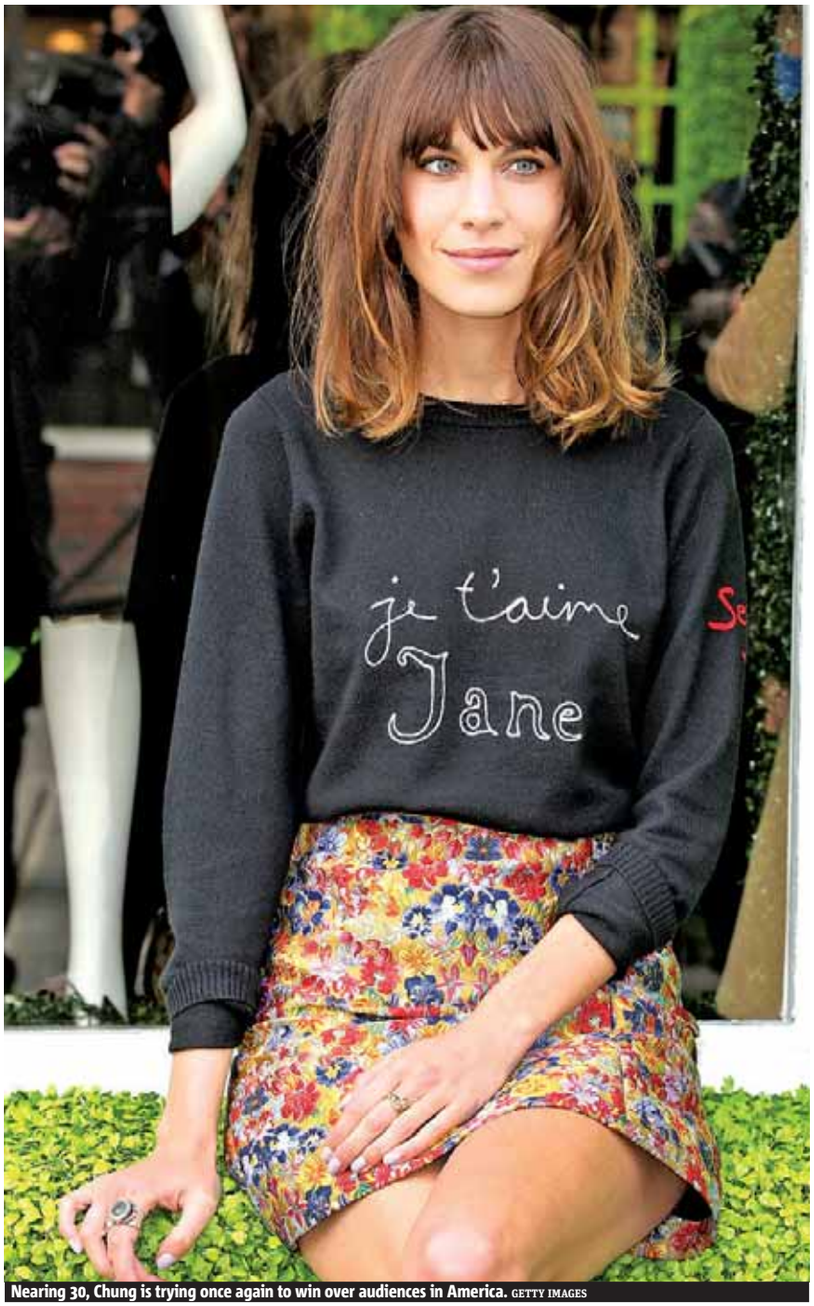


Nearing 30, Chung is trying once again to win over audiences in America. GETTY IMAGES

Alexa Chung learned to leave them wanting more

Back in North America. After one false start on this side of the Atlantic, British beauty is back with a gig on Fuse News

TINA CHADHA
Metro World News in New York

We have to apologize to Alexa Chung at the start of our phone interview for how terrible our cold-inflicted voice sounds. "That's my voice every day," says the 29-year-old in her signature rasp. "Welcome to my world."

It's this kind of quick wit (a mix of sarcasm and self-deprecation) that's helped the British beauty (originally discovered as a model at age 16) land television hosting gigs — most famously her big U.S. break: MTV's It's On with Alexa Chung. The music talk show was intended to make Chung a star, but was cancelled after just six months.

After trying her hand at the fashion reality show 24 Hour Catwalk, followed by a gig at MTV U.K.'s Gonzo, Chung is back in the U.S. — and working in music. Only now she's one of four anchors on Fuse News, a new daily show on cable network Fuse devoted to all things music.

So what's different this time around?

"I don't think I've learned any massive lessons other than one hour of just me is too much me," says Chung. "So this is better because it's four anchors. I'm not carrying (a show) on my own."

Less pressure means Chung is busy "dabbling in everything" — from writing a book (set to hit shelves in September) to, of course, fashion ("that's very much where my interest lies"). Though she alludes to her own fashion line being in the works — the demand for her Madewell collection crashed the retailer's site — she's tight-lipped about the specifics right now. She does, however, reveal her dream project: to resurrect designer Luella Bartley's line. "I think she's brilliant. I'd love to work with her, but I don't know if she does it anymore," says Chung in an "oh well, it's whatever" kind of way.

She gushes over the new school of British designers, including Erdem. But whose personal style does the fashion "it" girl admire? She, after all, won Style Icon at the British Fashion Awards three years in a row, had a handbag named after her by Mulberry and is on countless best-dressed lists.

"Wednesday Addams," deadpans Chung. "George Harrison from the '60s. I don't look to modern-day people. I love Diane Kruger's style and I love Kate Moss and all those, but when it comes to getting dressed myself, I delve into film characters."

Lately, expect her sartorial choices to be more Devil Wears Prada than her usual Oliver Twist. "It's interesting to work out what looks good on (the Fuse News set) and in that environ- ment. Everything I wear on (the) set is things I'm wearing in real life. It's not a costume. Day-to-day now I think (my outfits) are going to be a bit smarter," says Chung.

Book works

Alexa Chung is getting ready to publish her book in November in North America through Penguin Books. Titled It, the book offers readers a look into Chung's world. Combining her writing, drawings and photographs, the book will cover how to decide what to wear, style influences, personal pictures and style tips.

Quoted

"I don't think I've learned any massive lessons other than one hour of me is just too much me"

Alexa Chung on her failed MTV stint

Twilight author Stephenie Meyer ALL PHOTOS GETTY IMAGES

Did RPattz and KStew take the fall for Stephenie's fame?

Twilight creator Stephenie Meyer admits she feels some guilt for the circus the lives of stars Kristen Stewart and Robert Pattinson have become. "If they had the choice, I've no idea if they'd even do Twilight again. I just don't know. I think this has all come at a heavy price," Meyer tells Britain's Times magazine. "I just don't think they enjoy the parts (of fame) that other people would. And I totally get that, because it would not be my thing either. At the same time — and this is where the guilt comes from — it's created this nice, peaceful place for me. They took all of my heat, which I feel bad about."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Here comes the Lohan!

THE WORD
Meredith Engel
scene@metronews.ca

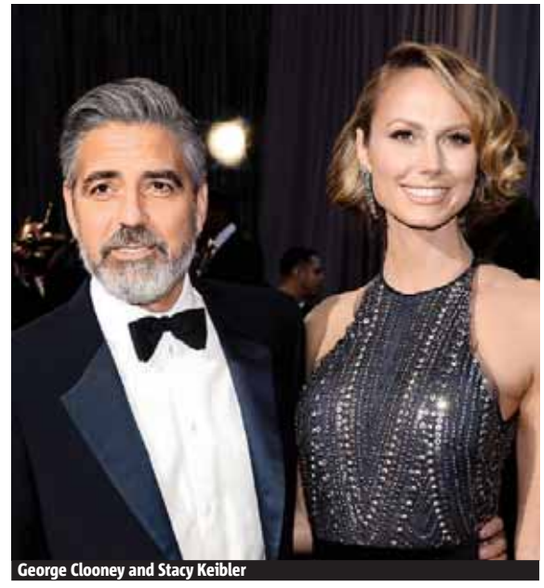
We only wish it was a happy occasion for Lindsay Lohan. The star was greeted with a showering of glitter as she arrived to her latest court appearance on Monday in L.A. Lindsay was, naturally, late to the appearance — she was scared to fly alone, but thankfully, an energy drink company by the name of Mr. Pink hooked her up on the company's private jet, per The Atlantic Wire.

Our question: what's an energy drink company that no one's ever heard of doing with a private plane?

Lindsay Lohan gets glitter-bombed. DAMIAN DOVARGANES / THE ASSOCIATED PRESS

Clooney and Keibler canoodle, kill the rumours

George Clooney and Stacy Keibler stepped out hand-in-hand for dinner in Berlin this weekend amid rumours that the couple's relationship is in trouble, according to E! News. Clooney and Keibler were dressed casually and were joined by Matt Damon, who joined them after dinner at the Soho House. Clooney is in Berlin filming the Monuments Men.



George Clooney and Stacy Keibler

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Plan to keep your teeth - before and after retirement

British Columbians are keeping their teeth longer. Most adults can expect to enter retirement with all, if not most, of their natural teeth.

However, regular brushing and flossing alone, even with an electric toothbrush, does not guarantee that you'll still be eating apples at 90. Continuing to visit your dentist regularly for professional care after retirement is just as important to keeping your teeth well into old age.

Your mouth ages too. Even the most scrupulously clean mouth will likely end up with some form of gum recession (when your gums shrink and more of your tooth's root is exposed and vulnerable to cavities) or dental disease. For example, 43 percent of adults 60–79 years of age have root cavities compared to 6 percent of adults 20–39 years of age.[1]

Dental conditions are often extensive in older adults and can cause pain, infection and tooth loss. The number of adults without any teeth rises from 4 percent among 40–59-year-olds to 22 percent among 60–79-year-olds.[1] Studies also show that BC adults have a higher combined rate of decayed (cavities), missing and filled teeth.[2]

Losing your natural teeth can affect your nutrition and enjoyment of a variety of foods; lead to slurred speech; and reduce self-esteem.

Dental disease can also negatively impact your general health; there are links between poor oral health and other health conditions, such as diabetes and heart disease.

Adults over the age of 60 also have the highest incidence of oral cancer; other risk factors include a high consumption of alcohol and tobacco, especially when combined.[3] Oral cancers can be devastating but are very treatable if caught early; it is estimated that approximately 84 percent of oral cancers can be detected by a dentist.[4]

Good oral health is part of your overall health and vitality, supporting nutrition and self-esteem. Plan to enjoy better oral health for life with ongoing care and prevention, including regular dental examinations.

With planning and ongoing prevention, a 60-year-old can retain their vitality and their teeth for a long time.

Steps to oral health… for life

Keep your teeth, gums and dental work clean & maintained.

Brush daily, especially at bedtime, with a soft toothbrush or electric toothbrush and fluoride toothpaste. Please floss! Make sure you floss at least once a day, especially around dental work like crowns.

Speak to your dentist about any special care for your dental work. Your teeth, gums and jaw bones change with age. You may require some repeat procedures or need to have your dental work repaired or replaced well before you are in advanced age.

Keep up your regular dental exams and cleaning schedule—even after you retire from work.

Plan ahead for all your extended health care needs, including dental care. Consider investing in a private or group plan when you retire, or put aside savings to cover regular preventive care including dental exams and cleanings.

Early detection of oral disease through regular examinations by a dentist can help to stop or slow the progression of oral disease and lead to better outcomes. Your dentist will monitor the health of your soft tissues and teeth; screen for oral cancer; review any general health concerns; and monitor the ongoing fit and function of your dental work.

Keep it healthy. What's good for your body is good for your mouth!

Limit the amount of sugary foods and drinks you consume throughout the day. Choose nutritious snacks and drinks, such as cheese or nuts, and water. Rinse with water after eating or drinking.

Keep your dentist or certified specialist up to date.

Your dentist or certified specialist is the doctor of your mouth. Update them on any medications you are taking and/or changes to your health. Many chronic diseases directly affect your teeth, bones and soft oral tissues. For example, some medications can create 'dry mouth' which can increase your risk of decay.

Stay active, stay connected, eat a healthy diet, take care of your teeth—and don't forget about your extended health care needs! Your healthy smile can stay with you…for life.

References: [1]Health Canada. The Canadian Health Measures Survey, Oral Health Component (2010) [2]The British Columbia Dental Association's 2006 Adult Dental Health Survey; Health Canada. The Canadian Health Measures Survey, Oral Health Component (2010) [3] Health Canada website (oral cancer) [4]Canadian Cancer Statistics (2007)

For more information on caring for your oral health at any age, talk to your dentist or visit bcdental.org.

British Columbia Dental Association

MEMBER OF THE CANADIAN DENTAL ASSOCIATION

Put your spring back in spring

Eat fatty fish to make your skin glow. Purge your Facebook feed. Sex, stress, fitness and diet experts share their foolproof tips for starting afresh as Wednesday marks the first day of spring.

ROMINA MCGUINNESS
METRO WORLD NEWS

Eat oily foods for super smooth skin

Oils from salmon and herring have high concentrations of the omega-3 fatty acids DHA and EPA, which offers softer skin and minimize the appearance of wrinkles. Not fond of fish? Watercress, walnuts and flaxseeds are great plant-based alternatives. Cheryl Forberg, nutritionist for The Biggest Loser, recommends eating three to four grams per day.

Eat the right amount of calories at the right time

If you can't figure out how to space out your calorie intake, think, "three meals and two snacks," Forberg tells Metro. "Say you're taking in 2,000 calories a day. Divide this by four. This allows for three, 500-calorie meals and two, 250-calorie snacks."

Have a coregasm

"Any workout involving the core can be a powerful trigger, all you need to do is tap into your erotic tools: your body and breath. Sit-ups are great. Take in a long deep inhale and then as you exhale, crunch and contract the pelvic floor muscles. Hold that tension in your core. As you release, pleasure floods through you. Allow your body to jerk, shake or twitch," says celebrity sexologist Jaiya.

Negativity out, Honesty in

Celebrity Stress Coach Kristen K. Brown says spring is a time to ask yourself: "Am I doing what I should be?" If you're crabby all the time and constantly bitching could you be causing your own drama? Look at your Facebook and Twitter feed to see what you've been posting of late.

Outdoor workouts

Things like tennis, rollerblading, hiking, etc. become a much more viable option in the spring. You can also implement more activities of daily living. "Take morning or evening walks and ride your bike places instead of driving your car," suggests Joe Dowdell, Anne Hathaway's personal trainer and founder of Peak Performance.

Get your morning under control: from p.m. to a.m.

Most mornings you: scramble around looking for a pair of clean underwear and get to work (late) on an empty stomach, buzzing on caffeine. This frenzy sets the tone for the rest of the day.
"Doing more prep in the evening reduces stress," says Brown. "Pick out an outfit and have everything in one place so you can just grab and go." And, as you won't be lying in bed thinking about everything you need to do the next day, you'll sleep better. Bonus.

Sleep seven to eight hours a night

"As we sleep, the body repairs and regenerates itself," explains Dowdell. "But sleep also has a major affect on two key appetite-regulating hormones: leptin, that tells you when you're hungry, and ghrelin, that signals when you're full," he adds. Together, they work like a checks and balances system in the body: "When you lack sleep, your leptin levels drop and your ghrelin levels rise, causing you to crave sugary, high-carb foods. This imbalance can sabotage your diet."

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Slim for life

Biggest Loser coach weighs in with new book

Jillian Michaels
THE ASSOCIATED PRESS FILE

Jillian Michaels orders two eggs over easy with a smidgeon of oil and two slices of dry toast.

And coffee.

Coffee?! "Two strong cups, 400 milligrams, fights pancreatic cancer," she says. "Plus Alzheimer's, Type 2 diabetes and improves cognitive functions."

Not that Michaels is a health-nut goodie-goodie.

"I still drink a little bit of alcohol," she confides. "And I haven't been to the gym in five days!" No wonder. There's this grueling book tour on top of an always-heavy workload, plus the routine demands of parenting a three-year-old daughter and an 11-month-old son who, along with her partner, Heidi Rhoades, have come with her on this recent New York visit.

But all is never lost, says Michaels, in the battle to lose weight and be healthy. "Even if you're just standing while you're talking on the phone," she offers, "you can burn up to 300 calories in a day."

That's the sort of forgiving advice found in her latest book, Slim for Life: My Insider Secrets to Simple, Fast and Lasting Weight Loss (Harmony Books). "It's my softest approach to weight loss," says Michaels, a wellness coach to whom the word "soft" is seldom applied.

After all, she is famous as the drill-sergeant trainer on NBC's The Biggest Loser, a five-foot-two-inch force of nature who doesn't hesitate to throw her tautly muscled weight around.

THE ASSOCIATED PRESS

Headache remedies

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Stress is a big trigger for tension-type headaches. Other causes are hormonal changes such as menstruation, dental problems such as jaw-clenching, poor posture, skipped meals, fatigue, anxiety and depression.

Women are 15 per cent more likely to get headaches than men, with the incidence peaking in your 40s and declining thereafter.

In the current issue of Best Health, freelance writer Michelle Villett rounds up over-the-counter remedies to treat headache, and also found some natural ones. Natural remedies include:

Feverfew
This inhibits inflammation so the blood vessels don't spasm so much, according to a naturopathic doctor we consulted. Some studies show that people who take it over time have fewer and less severe headaches.

Butterbur
It's been shown to reduce headache frequency.

Magnesium glycinate
This form of magnesium (that won't cause diarrhea) could be a good choice because it relaxes muscles.

You can also look for relief by massaging your temples with a topical product that has cooling properties. Dilute peppermint essential oil in a carrier oil like olive or coconut, or use a menthol- or camphor-based balm such as Tiger Balm.

The cooling can confuse the perception of pain, and menthol can have a relaxing effect as well as anti-inflammatory properties, which can help relieve pain. For the full article, pick up the March/April issue of Best Health, on newsstands now.

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A few natural remedies have shown to help with headaches. ISTOCK IMAGES

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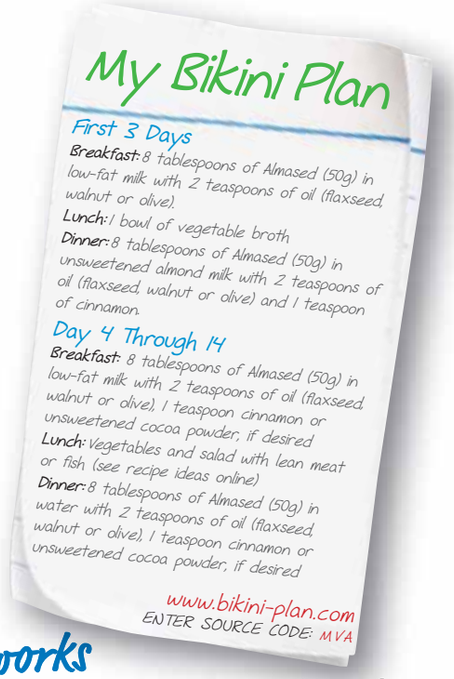
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Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
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Forget Gatorade, just pop a Medjool Date Ball

This recipe makes about 18 balls. NATURAL DELIGHTS MEDJOOL DATES

THERESA ALBERT
myfriendinfood.com

As a new runner, I am on a mission to find a way to support my exercise without drinking and eating processed and sugar laden energy packs and sports drinks.

What I have discovered is that I do need a pre-run, low glycemic index, nugget of a power snack.

Then I found that these Medjool Date Balls were the perfect thing to keep in my purse to perk me up from any 3 p.m. slump or high demand, low energy day.

Psst ... kids like them too!

Ingredients

- 1 cup (250 ml) raw almonds
- 16 Natural Delights Medjool Dates, pitted
- Water, for blending
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/3 cup (75 ml) raw almond butter or coconut butter
- 3 tbsp (45 ml) cocoa powder
- 1 tsp (5 ml) ground cinnamon

1. Pulse almonds in a food processor until coarsely ground. Transfer to a bowl.

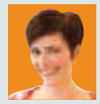
2. Pulse dates in food processor until almost smooth, adding up to 3 tbsp (45 ml) water as needed to help blend.

3. Add almonds back to food processor with coconut, almond butter, cocoa powder and cinnamon and pulse, scraping down mixture in bowl with a wooden spoon as needed until completely incorporated.

4. Transfer to a large bowl. Scoop mixture into 2 tbsp (30 ml) balls, rolling with your hands; place balls on a parchment-lined baking sheet. Cover and refrigerate. **RECIPE COURTESY OF NATURAL DELIGHTS MEDJOOL DATES**

Health Solutions

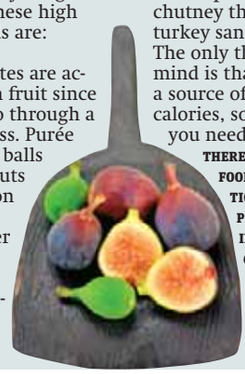
Start dating again



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once the manna of hikers and hippies, dried fruits are showing up everywhere. They are the perfect glucose nuggets for pre-workout or quick energy during a long run, but they are also a portable simple snack and a little goes a long way. Some ways to get the benefits of these high mineral foods are:

- Medjool dates are actually a fresh fruit since they don't go through a drying process. Purée and roll into balls along with nuts and cinnamon for an excellent appetizer or accompaniment to a cheese platter. They are a great ingredient in loaves as they add anti-oxidants along with sweetness.
- Dried figs can be sliced in half, spread with goat's cheese and lightly baked and then drizzled with balsamic for a stunning appetizer.
- Dried papaya contains papain with is a natural digestive enzyme. Many with stomach issues find it soothing. Chopped into salads and stews, they add a zing of sweetness. Think about simmering them with water, fresh ginger and a splash of sherry for chutney that will make any turkey sandwich sing. The only thing to keep in mind is that dried fruit is a source of concentrated calories, so a little is all you need.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Snack. Cranberry Muffin

NATALIE RICHARD
YummyMummyClub.ca

I love this recipe because it is so easy to make and on top of being healthy and low fat, the muffins are not too sweet.

They make a perfect afternoon snack or even a morning delight.

1. Preheat the oven at 350 F.

2. Butter or spray muffin cups with non-stick cooking spray.

3. Mix flour, baking powder, baking soda and salt together.

4. Incorporate the butter and mix in the beaten egg, maple syrup, yogurt and grated apple.

5. Fold in the fresh cranberries and spoon the batter evenly in the muffin tins. Bake until done, about 20 minutes. You can test to see if they're done by sticking a toothpick into the centre of a muffin. If it comes out clean, pull out of oven, let cool on wire rack and enjoy.

Ingredients

- 1 cup of all purpose flour (I like unbleached organic pastry flour)
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1 pinch of salt
- 1 tbsp butter
- 1 egg, beaten
- 1/2 cup maple syrup
- 1/4 cup plain yogurt (2% or non-fat)
- 1/2 Granny Smith apple, grated
- 1 cup fresh cranberries

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Is there something in our brains that can help explain love? ISTOCK IMAGES

Trying to explain love with science

HEIDI PATALANO
life@metronews.ca

Science has told us so many definitive things about the way our world works, but matters of the heart are still largely a mystery, no matter how much study has been dedicated to figuring out how the human brain operates when in love.

Just ask Kayt Sukel, author of Dirty Minds: How Our Brains Influence Love, Sex and Relationships. Sukel investigated a wealth of neurological studies meant to suss out our genetic tendencies when it comes to mating, but her inspiration to do so came from a very relatable place.

"I was looking for the same thing that anyone with a broken heart trolling the self-help aisle was," she says. "I was looking for some actionable advice — something that sort of made sense and really explained what love was. That's not exactly what I found. I didn't find those 'five ways to make him love you.' I didn't find any rules."

Disappointing? Sure. Sukel says that so many factors can affect the brain's behaviour that it's close to impossible to come up with any hard-and-fast rules of human behaviour when love is involved.

"I found that our brains are plastic, love relationships are complicated even down to the cellular level and whenever you introduce all of these variables together, you get a different situation every time," Sukel says.

But there is one bit of validation Sukel found that will be useful to any woman who has been the victim of infidelity.

"There's this whole camp that says that men are built to cheat," Sukel says. "That it's just their evolutionary strategy, but we've evolved also with this huge frontal lobe and of course that's the centre of decision-making and morality. We've come a long way from the idea that our biology compels us. There's always a choice."

Five taxing tax myths

Alison on Money.
Fact or fiction: what do Canadians believe when it comes to tax time?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Do Canadians have a few wrong ideas about their taxes? ISTOCK IMAGES

Income tax is complex and, I suspect, deliberately confusing. After all, filing returns employs an entire profession. Not surprising then that Canadians have many wrong ideas about their taxes.

These five myths, culled from H&R Block's free online question and answer service (hrbtaxtalk.ca), can run you afoul of Ottawa or cost you money.

1. I earned less than the $10,822 personal amount so I don't have to file a tax return.
Even if you did not earn more than the $10,822 personal amount and have no other deductions, neglecting to file a tax return may cost or reduce benefits such as the quarterly GST/HST payment or the Ontario Trillium, Quebec Solidarity or Child Tax benefits. Seniors may be entitled to the Guaranteed Income Supplement.

Note: If you have had tax withheld, the refund depends on you filing a return.

2. I can claim a flat rate amount for business mileage.
Self-employed Canadians must keep a logbook to calculate the auto expenses for their business. "You can track your mileage for a year to create a baseline," notes H&R Block senior tax analyst Cleo Hamel, "then the next year track a three week period and if it's the same, you use it for the whole year. But be detailed."

3. Child support is a tax deduction.
Unless your agreement is dated before May 1, 1997, child support payments are reported on your tax return but are not a deduction or included in income.

Note: spousal support payments are tax deductible, however, and considered income.

4. If I work outside of the country, I do not need to file a tax return.
It's all about residency. If you are working outside the country but retain substantial residential ties to Canada, you will be required to file a Canadian tax return.

Note: you can give up residency and have it reinstated later. But it can be complicated. Check out cic.gc.ca/english/citizenship/renounce.asp.

5. Mortgage interest is a tax deduction.
Unlike the U.S., only self-employed Canadians working from home can claim a percentage of mortgage interest as a business expense. "A lot of our confusion about this comes from our close connection with the U.S. and watching American television," says Cleo Hamel.

Tax filing software will steer you clear of most myths. Be sure to file even if you don't have a taxable income.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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AHL

Arniel wants Jensen to stick in NHL

Scott Arniel has seen first-hand the skill of Nicklas Jensen.

But the Chicago Wolves head coach wants to see the talented 20-year-old stick more permanently in the NHL as opposed to the odd cup of coffee here and reassignment there.

Jensen, the Canucks' 29th overall pick in 2011, was seen by the media as a probable choice to be recalled to Vancouver, with injuries to forwards Zack Kassian and David Booth.

"I would say every young player, especially at his age, can benefit from being down here and learning what it takes to play every day, practise every day and go through the grind of travel," Arniel said. "When he does make that appearance up there, you want to make sure that he's going to be up there and he's going to stay up there."

The Canucks instead recalled centre Jordan Schroeder on Monday.

CAM TUCKER/METRO

Nicklas Jensen at the 2011 NHL entry draft GETTY IMAGES FILE

Vancouver Canucks winger Jannik Hansen crashes into the net as Minnesota Wild goalie Niklas Backstrom looks on Monday night at Rogers Arena.
JONATHAN HAYWARD/THE CANADIAN PRESS

Running Wild on the Canucks

NHL. Power play busts its slump but Vancouver loses in Northwest Division showdown

CAM TUCKER
cam.tucker@metronews.ca

On Monday

3	1
Wild	Canucks

There was a rare occurrence at Rogers Arena on Monday night.

The Vancouver Canucks, having gone 11 games without a power-play goal, actually scored with the man advantage, ending a frustrating 0-for-36 slide that began on Feb. 21.

But the swoon continues. The Canucks dropped a 3-1 decision to the Minnesota Wild.

The two teams went into Monday's game tied for the Northwest Division lead with 32 points. However, the Wild had the tiebreaker with a greater number of regulation/overtime wins.

With the win, the surging Wild are in sole possession of the division lead with 34 points. The Canucks, meanwhile, have now won five times in their last 16 games.

The team's struggling power play — the Canucks entered the game operating at a 13.6 per cent efficiency rating, which put them 27th in the entire league — had been a major source of concern for weeks.

After two unsuccessful attempts in the first period, the home team finally struck in the second.

Henrik Sedin slapped a loose puck from a Jason Garrison point shot into a wide-open net, opening the scoring and giving the Canucks the lead.

But they couldn't hang on.

Wild defenceman Jonas Brodin tied the game with a power-play goal in the second period, and Charlie Coyle and Matt Cullen scored in the third period.

4 SPORTS

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High playoff hopes for Canadian teams

NHL. Five of country's seven teams currently in position to play post-season hockey

Nine long years.

That's how much time has passed since as many as five Canadian-based teams made the Stanley Cup playoffs.

If the season ended now, there would be five in the post-season — Montreal, Winnipeg, Ottawa and Toronto in the Eastern Conference and Vancouver in the West.

Only Edmonton and Calgary would be left out, although heading into Monday's games the Oilers were just two points behind eighth-place San Jose in the West and four points out of first place in the Northwest Division. The Flames were another two points back.

"It's great to see," Montreal defenceman Josh Gorges said.

Flames defenceman Jay Bouwmeester and Taylor Hall of the Edmonton Oilers jostle for position on Jan. 26 in Calgary. If the season ended today, the Flames and Oilers would be the only Canadian teams to not make the playoffs. GETTY IMAGES FILE

"Canada's been longing for a team to win a cup and when you have more teams in the playoffs, obviously the odds are a lot greater."

However, it is not like Gorges or any other player is rooting for fellow Canadian teams to make it. They're only concerned about getting their own teams over the hump.

"It's exciting, but that's about it," added Gorges. "I'm worried about us. I don't care whether the other teams make it or not, to be honest."

His teammates said much the same, but that mindset could change if they get into the amped-up atmosphere and media coverage of a playoff series between two Canadian teams.

It hasn't happened since five clubs made it in 2004.

That year, the Flames downed the Canucks in the first round en route to the Stanley Cup final, where they lost in seven games to the Tampa Bay Lightning. THE CANADIAN PRESS

Canadian representation

The last time all the Canadian teams made it was 1985-86 when there were only 21 teams, seven of them in Canada.

NHL

Ducks make splash in signing Perry

The Anaheim Ducks have locked up another forward with a long-term extension.

Corey Perry has agreed to an eight-year contract extension worth a reported $8.625 million US average per year.

The announcement — made Monday while the Ducks were taking on the San Jose Sharks at home — comes just over a week after Anaheim signed captain Ryan Getzlaf to an eight-year, $66-million extension.

The 27-year-old Perry scored 50 goals in 2010-11 to win the Hart Trophy and the Maurice Richard Trophy as the league's top goal-scorer.

He has nine goals and 24 points in 25 games this season — his eighth with the club that drafted him in the first round (28th overall) in 2003.

The three-time all-star won a Stanley Cup with Anaheim in 2007.

THE CANADIAN PRESS

Heat making history

Miami Heat forward Chris Bosh beats Jeff Green of the Celtics to the basket in Boston on Monday. With a final score of 105-103, the Heat reached the second-longest winning streak in NBA history — 23 in a row. JIM ROGASH/GETTY IMAGES

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	52	14	.788	—
Indiana	41	26	.612	11½
New York	38	26	.594	13
Brooklyn	39	28	.582	13½
Atlanta	37	30	.552	15½
Chicago	36	30	.545	16
Boston	36	30	.545	16
Milwaukee	33	32	.508	18½
Philadelphia	26	40	.394	26
Toronto	**26**	**41**	**.388**	**26½**
Washington	23	43	.348	29
Detroit	23	46	.333	30½
Cleveland	22	45	.328	30½
Orlando	18	49	.269	34½
Charlotte	15	52	.224	37½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	17	.746	1
L.A. Clippers	46	21	.687	5
Memphis	45	21	.682	5½
Denver	46	22	.676	5½
Golden State	39	30	.565	13
Houston	36	31	.537	15
L.A. Lakers	36	32	.529	15½
Utah	34	32	.515	16½
Dallas	32	35	.478	19
Portland	31	35	.470	19½
Minnesota	23	42	.354	27
Sacramento	23	44	.343	28
Phoenix	22	45	.328	29
New Orleans	22	46	.324	29½

Note: division leaders ranked in top three positions regardless of winning percentage.

MONDAY'S RESULTS

Philadelphia 101 Portland 100
Indiana 111 Cleveland 90
Charlotte 119 Washington 114
Dallas 127 Atlanta 113
Brooklyn 119 Detroit 82
Denver 119 Chicago 118 (OT)
Miami 105 Boston 103
Memphis 92 Minnesota 77
Golden State 93 New Orleans 72
L.A. Lakers at Phoenix
New York at Utah

TUESDAY'S GAMES — All Times Eastern

Orlando at Indiana, 7 p.m.
Portland at Milwaukee, 8 p.m.
Denver at Oklahoma City, 8 p.m.
L.A. Clippers at Sacramento, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	30	22	8	0	108	80	44
New Jersey	29	13	10	6	72	81	32
NY Rangers	28	14	12	2	67	68	30
NY Islanders	28	13	12	3	83	91	29
Philadelphia	30	13	16	1	81	92	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	28	19	5	4	90	70	42
Boston	27	19	5	3	81	57	41
Ottawa	29	15	8	6	72	62	36
Toronto	29	15	12	2	86	83	32
Buffalo	29	10	15	4	76	93	24

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	28	15	11	2	83	78	32
Winnipeg	29	15	12	2	77	85	32
Tampa Bay	29	13	15	1	96	86	27
Washington	28	12	15	1	78	85	25
Florida	29	7	16	6	70	109	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	29	24	2	3	100	62	51
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Nashville	29	11	12	6	67	77	28
Columbus	29	11	12	6	64	76	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	27	15	10	2	70	68	32
Vancouver	27	13	8	6	77	77	32
Edmonton	28	11	11	6	69	81	28
Calgary	27	11	12	4	78	91	26
Colorado	28	10	14	4	71	89	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	20	3	4	90	66	44
Los Angeles	27	15	10	2	81	71	32
San Jose	27	12	9	6	64	69	30
Phoenix	28	13	11	4	77	78	30
Dallas	28	13	12	3	73	84	29

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS

NY Rangers 2 Carolina 1 (SO)
Tampa Bay 4 Philadelphia 2
Dallas 4 Calgary 3
Chicago 5 Colorado 2
Minnesota at Vancouver
San Jose at Anaheim
Phoenix at Los Angeles

SUNDAY'S RESULTS

Pittsburgh 2 Boston 1
Ottawa 4 Winnipeg 1
Washington 5 Buffalo 3
Edmonton 3 Nashville 2

TUESDAY'S GAMES — All Times Eastern

Ottawa at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Florida at Carolina, 7 p.m.
Nashville at Columbus, 7 p.m.
Washington at Pittsburgh, 7:30 p.m.
Buffalo at Montreal, 7:30 p.m.
Boston at Winnipeg, 8 p.m.
St. Louis at Vancouver, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

WEDNESDAY'S GAMES

Tampa Bay at Toronto, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Dallas at Colorado, 9:30 p.m.
San Jose at Edmonton, 9:30 p.m.
Chicago at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pit	13	35	48
Kunitz, Pit	18	22	40
Stamkos, TBL	20	18	38
St-Louis, TBL	7	30	37
Kane, Chi	15	19	34
Staal, Car	13	20	33
Tavares, NYI	17	14	31
Vanek, Buf	14	17	31
Voracek, Phi	13	18	31
Ribeiro, Wash	10	21	31
Getzlaf, Ana	10	21	31
Duchene, Col	12	18	30
Datsyuk, Det	9	21	30
Zetterberg, Det	8	22	30
Neal, Pit	17	12	29
Ladd, Win	14	15	29
Moulson, NYI	11	18	29
Semin, Car	8	21	29
Stewart, StL	14	14	28
Parenteau, Col	12	16	28
Letang, Pit	3	25	28
Gagner, Edm	11	16	27
Kadri, Tor	11	16	27
Kessel, Tor	10	17	27
Elias, NJ	9	18	27
Thornton, SJ	5	22	27

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you are determined to make a name for yourself, wait until the Sun moves into your birth sign tomorrow. If you make your move now, you could find that little things go wrong.

♉ Taurus
April 21 - May 21
You appear to be in one of your supremely confident moods, and that's great. But don't forget that bubbles can burst. It might be best not to make too many promises today, to yourself or to others.

♊ Gemini
May 22 - June 21
A new phase is about to begin and if you are smart you will pay less attention to work matters and more to friendships. The people you meet over the next few weeks will benefit you in many ways.

♋ Cancer
June 22 - July 23
Keep your dreams and schemes private today. You may have some wonderful ideas but what's the point in making them public if you can't do anything with them yet? A little secrecy is no bad thing.

♌ Leo
July 24 - Aug. 23
You may be a bit tense at the moment, but over the next day or two it will feel as if you have been born again. Where before you saw doom and gloom you will soon see nothing but hope and joy.

♍ Virgo
Aug. 24 - Sept. 23
You know how to handle yourself in a crisis and that's good because today you will have to use all your courage to sort out a difficult, maybe even dangerous, situation. Others are depending on you.

♎ Libra
Sept. 24 - Oct. 23
As the Sun is about to move into your opposite sign, there will be times when you don't understand why others think and act the way they do. Don't let it faze you.

♏ Scorpio
Oct. 24 - Nov. 22
There is so much junk and clutter in your life. Take a long, hard look at all the things you own and work out ways you can make a bit more room for yourself. Less is more.

♐ Sagittarius
Nov. 23 - Dec. 21
Something wonderful is about to happen. Your sixth sense tells you that life is about to take a major turn for the better and the more you look forward to having fun, the more fun you'll have.

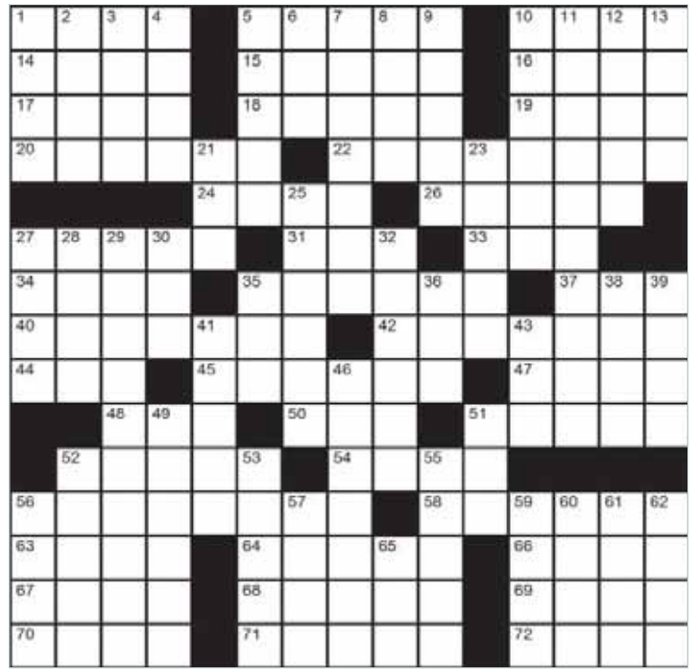
♑ Capricorn
Dec. 22 - Jan. 20
The worst possible thing you can be now is indecisive. What's needed is immediate and forceful action, even if you are not sure what the consequences might be. Don't worry what other people might think — get on with it

♒ Aquarius
Jan. 21 - Feb. 19
There are quite a few minor disputes taking place at the moment, but if you are smart you will ignore them all and get on with what is important to you. Put your needs first.

♓ Pisces
Feb. 20 - March 20
You must be honest about your money situation today, both with yourself and with other people. The Sun's change of signs tomorrow will bring opportunities to improve your cashflow situation, so there's no need to worry. SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



Across
1. March 19-24, 2013: Canadian Music __
5. Ozzy, as Jack or Kelly would introduce him: 2 wds.
10. River of Turkey
14. Competent
15. Emma Roberts, to Julia
16. Drill hole
17. Broadway musical, __ Yankees
18. Related maternally
19. Huffy-puffy mood
20. Solar __
22. Embassy worker
24. Paper pack
26. Of the ear
27. British singer Ms. Goulding
31. '_' __ in Regina
33. "Arctic Air" network
34. Bridal accessory
35. Made up of two
37. Permit
40. English: French
42. Prime Minister __ _. Pearson
44. To the __ degree
45. Batman's city
47. "__ Street" (1987)
48. Even if, briefly
50. Swiss river, variantly
51. Great __ (Dogs like Marmaduke)
52. Piercing
54. Actor Mr. Phillippe
56. "ET Canada" airer: 2 wds.
58. Group of Seven painter Mr. Harris (b.1885 - d.1970)
63. "__ and _" by Lady Gaga
64. Cosmetics company, L'__
66. Car
67. __. __. Helens, Wash.
68. Alan of Great Big Sea
69. Like a slanted line, for short
70. Ladies
71. Ms. Spacek
72. Bryan Adams album: '__ the Fire'

Down
1. Big bits
2. Web auction site
3. Tree types
4. Superman/Clark __
5. Boeotian Muse of memory
6. Feminine side
7. Juno-winning rockers, Theory of a __
8. Play's opening: wd. + Roman Numeral
9. Filmmaker Ms. Mehta
10. Soak up
11. Canadian sportscaster: 2 wds.
12. Font style
13. Cobblestone
21. Bard's 'previously'
23. Beatles' 'In the Sky' girl, and others
25. Record label Clive Davis founded
27. "__ Almighty" (2007)
28. Pre-Easter period
29. Peggys Cove landmark
30. Unwell
32. Wage
35. Li'l life story
36. "Shiny Happy People" b.a.n.d.
38. Detective novelist, __ Stanley Gardner
39. Dining room pieces, for short
41. Marketplace of ancient Greece
43. Lettered airline, once
46. Canadian fast food chain
49. Smoking, gum chewing, and others
51. Genetic letters
52. Laziness
53. Trudges
55. Tin Pan __
56. Rep-doing locales
57. Deanna __ (Counselor on "Star Trek: The Next Generation")
59. Sort of streambed
60. Wreck
61. Louisiana, for one, in French
62. Cancelled, __-__
65. Mr. Gore's

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	5		7			
	4					5	6	
8	9				2	4		
2		8	4				7	
				9				
	7				3	6		5
		7	8				9	1
	1	2					4	
			1		9	2		

Yesterday's Sudoku

7	6	1	5	4	9	2	8	3
9	4	2	3	8	1	7	5	6
5	8	3	6	2	7	9	4	1
1	5	4	7	6	3	8	9	2
3	7	6	8	9	2	5	1	4
2	9	8	4	1	5	3	6	7
8	3	7	1	5	4	6	2	9
6	1	9	2	3	8	4	7	5
4	2	5	9	7	6	1	3	8

Today
9°/6°
Showers
40%

Wednesday
10°/5°
Rain
90%

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1. Come to any Clinique Counter** Friday, March 15 through Sunday, March 24 and get a free 2-week supply.
2. Use Repairwear Laser Focus twice a day. That's easy—the bottle is measured.
3. Put the bottle where you won't forget… next to the alarm, toothbrush, your keys.
4. Come back for a Consultation. Bring the empty bottle so we know you've used it all. Take home another 2-week supply, free.
5. Week 4, moment of truth. Look in the mirror. Lines and wrinkles are visibly reduced.

Incentive: At 12 weeks, the visible wrinkle-reducing power is close to a laser procedure. 63% to be exact. Different commitment. Different results.

*One offer to a client, please. While supplies last. **Check clinique.com/ca for participating retailers.

CLINIQUE

Allergy Tested. 100% Fragrance Free.